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| TASHA – The Home Brand | | |
|  |  |  |
| Expert Tips | | |

# Refrigerator Buying Guide

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|  | 1. **Cost Range:**Shoppers can expect to pay ksh.35,000 for a cramped top-freezer appliance in a plain white wrapper and as much as ksh250,000 and up for a roomy bottom freezer with French doors, through-the-door water and sleek stainless shell. | |
|  | 1. **Types:** Refrigerators come in three main body configurations: side-by-side, top-mounted freezer, and bottom-mounted freezer. The popular French-door style is a newer sub-set of the bottom-mounted freezer. Generally, refrigerators increase in capacity and price along with convenience and style. | |
|  |  | **Top-mounted freezer:** Called such owing to the freezer-above-fridge configuration, these economical fridges are the natural choice for shoppers with space and budget constraints, Logsdon says. Prices largely fall in the ksh.40,000 to ksh.60,000 range. |
|  |  | **Side-by-side:** Because these models offer convenient access to both the freezer and the fridge, and more than adequate interior space (22 to 26 cubic feet), they are the most popular category on the market. |
|  |  | **Bottom-mounted freezer:** Though they generally offer the same space as top-mounted freezers (16 to 23 cubic feet), bottom-mount freezers are more convenient simply because the main compartment is at eye level |
|  | 1. **Features:** As with most appliances, convenience, flexibility and style improve with a higher price tag. "A lot of the features are lifestyle dependent," says Logsdon. Shoppers should decide what features are important to them and why. Sleek stainless steel models, for instance, come at a premium of a couple hundred thousand shillings over identical white models. | |
|  | 1. **Energy Use:** Residential refrigerators gobble up approximately one sixth of a home's electricity consumption. The good news is that today's appliances are considerably more energy efficient than previous models. | |

# Countertop Appliances Buying Guide

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|  | |  |  |  | | --- | --- | --- | | 1. **Blenders and Juicers:** | | | |  |  | Watts determine speed and power, ranging from 200 to 1,500. | | |  |  | Higher wattages pulverize ice, frozen fruits and nuts more easily than lower wattages. | | |  |  | Carafes range from 4 to 9 cups and are available in glass, which is heavier and offers transparency for easy monitoring; stainless steel, which is nonstaining; and plastic for light weight and handling safety. Look for bisphenol A (BPA)-free plastic to reduce exposure to carcinogens. | | |
|  | |  |  |  | | --- | --- | --- | | 1. **Coffee, Tea and Espresso Makers** | | | |  |  | Whether you choose single-serve or full-pot brewing, make sure your appliance is pod compatible for added convenience. Coffee pods are prepackaged coffee units that eliminate the need to measure loose grounds and use coffee filters. | | |  |  | Some brewers accommodate both single-serve cups, pods and loose ground coffee within a single unit. | | |  |  | Popular features to consider include integrated bean grinders for the freshest-tasting coffee, temperature adjustment for those who prefer tepid or extra-hot coffee, coffee strength selectors, water filters and permanent coffee filters to reduce landfill waste. | | |  |  |  | | |
|  | |  |  |  | | --- | --- | --- | | 1. **Countertop Microwaves** | | | |  |  | Countertop microwaves are available between 700 and 1,200 watts. | | |  |  | Watts equal cooking power. The more power you have, the faster food cooks. | | |  |  | Countertop microwaves are available in all the same finishes as built-ins: white, black or stainless steel. They can be paired with a trim kit for a built-in look. | | |

# Food Storage Container Buying Guide

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|  | |  |  |  | | --- | --- | --- | | 1. **Look for the microwave-safe sign.** | | | |  |  | **Good quality plastic will mention this on the bottom.** | | |
|  | |  |  |  | | --- | --- | --- | | 1. **Look for the BPA-free sign in the same place.** | | | |  |  | **The latest research now says that the newest replacement for**[**BPA in plastic**](http://www.scientificamerican.com/article/bpa-free-plastic-containers-may-be-just-as-hazardous/?wt.mc=SA_Facebook-Share)**food storage containers – BPS – isn’t safe either but since there are no regulations around BPS as yet, we have to all start somewhere** | | |
|  | |  |  |  | | --- | --- | --- | | 1. **Look for the plastic recycling triangle at the bottom** | | | |  |  | A number 7 there means it may contain BPA. A “PC” means it definitely contains BPA. The safer plastic container options are those labelled with the numbers 2, 4 and 5. | | |
|  | |  |  |  | | --- | --- | --- | | 1. **Even if the container is microwave-safe DO NOT use it for reheating in the microwave.** | | | |  |  | Glass and ceramic bowls will do this job much better without the danger of chemical leaching. | | |
|  | |  |  |  | | --- | --- | --- | | 1. **To be airtight, the lid should have a silicon gasket on the inside or be snug in another way.** | | | |  |  | Try the lid out in the store if possible. The last thing you want to do is have the salad dressing or yoghurt leak in your child’s  lunch bag. Also most lids are not made to go in the microwave. | | |  |  |  | | |

# Cookware Buying Guide

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|  | |  |  |  | | --- | --- | --- | | 1. **Stainless Steel Cookware** | | | |  |  | **Pros:** Easy to clean, non-reactive, impervious to stains and corrosion, resistant to warping | | |  |  | **Cons:** Poor heat conductivity unless paired with another metal | | |  |  | **Care:** Dishwasher safe, avoid high heat | | |
|  | |  |  |  | | --- | --- | --- | | 1. **Carbon Steel Cookware** | | | |  |  | **Pros:** Quick heating, durable, good for high-heat cooking | | |  |  | **Cons:** Requires seasoning, prone to rust | | |  |  | **Care:** Season before use, avoid prolonged exposure to liquid | | |
|  | |  |  |  | | --- | --- | --- | | 1. **Cast-Iron Cookware** | | | |  |  | **Pros:** Non-reactive if enameled, long-lasting, fair conductivity, maintains temperature | | |  |  | **Cons:** Requires seasoning, prone to rust, reactive to acid if not enameled. | | |  |  | **Care:** Season pan, wipe clean after cooking, hand wash only if necessary | | |
|  | |  |  |  | | --- | --- | --- | | 1. **Aluminum Cookware** | | | |  |  | **Pros:** Lightweight, highly conductive, inexpensive, easy to maintain | | |  |  | **Cons:** Susceptible to warping, prone to uneven heating, reacts to acidic, alkaline, and sulfuric foods | | |  |  | **Care:** Avoid using metal utensils, hand wash only | | |

# Laundry Machine Buying Guide

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|  | |  |  |  | | --- | --- | --- | | 1. **If you have a small laundry room** | | | |  |  | Full-sized washers can be 24 to 30-plus inches wide (and some machines sport bulky, contoured fronts that add to the width), so start by grabbing your tape measure. | | |  |  | Jot down the dimensions of your space, but also check that the washer will fit through the hallways and doorways on the way into the room. | | |  |  | And consider other limiting factors, such as a washer door that will bang into the wall every time you open it. | | |
|  | |  |  |  | | --- | --- | --- | | 1. **If you have a ton of wash to do** | | | |  |  | **The tub dimensions are most important, and can range from about 2.45 cubic feet up to 5.6 cubic feet.** | | |  |  | **You'll find the largest capacity on a front loader or in a top loader without the central agitator.** | | |  |  | **And consider bells and whistles like programmable settings (so older kids can help do their laundry with ease) or a pedestal that will save your back from endless stooping.** | | |
|  | |  |  |  | | --- | --- | --- | | 1. **If you don't want to spend a lot:** | | | |  |  | **A small budget doesn't necessarily mean a sacrifice in performance, but you'll**  **get fewer fancy features.** | | |  |  | And don't be swayed by trendy colors: You'll save ksh10,000 to ksh20,000 if you opt for a white model. | | |  |  | Traditional no-frill top loaders are the cheapest, but they use more energy to run. | | |
|  | |  |  |  | | --- | --- | --- | | 1. **If you want to conserve water and electricity:** | | | |  |  | Front loaders use way less water than traditional top loaders, which have to fill up entirely for the wash and rinse cycles. | | |  |  | Opt for an Energy Star model, which reduces electricity and water use by 20% and 35%, respectively, over non-rated models. | | |

# Knives and Tools Buying Guide

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|  | |  |  |  | | --- | --- | --- | | 1. **Paring Knife** | | | |  |  | The Paring Knife is best used for controlled, detailed, cutting, such as cutting shapes, cutting vents into dough, as well as scoring designs and patterns on surfaces of food. | | |  |  | The proper way to hold a paring knife is aloft, as though it is an extension of your hand. It is great for peeling fruits and vegetables, or for slicing a single garlic clove or shallot. | | |
|  | |  |  |  | | --- | --- | --- | | 1. **Peeling Knife** | | | |  |  | The Peeling Knife, also known as a bird's beak knife, is called this due to its pointed tip that curves downward | | |  |  | Peeling knives are mainly used to cut decorative garnishes, such as rosettes, mushrooms, and soft fruits. | | |  |  | Peeling knives can also remove skins and blemishes from fruits and vegetables. In addition, peeling knives are used to make a cut known as a "tourné" in vegetables such as carrots. | | |
|  | |  |  |  | | --- | --- | --- | | 1. **Tomato / Cheese Knife** | | | |  |  | The Tomato and Cheese Knife is used for neatly slicing tomatoes and cheese, which is due to the tiny serrations on the blade that prevents tearing. | | |  |  | Tomato and cheese knives have a forked tip as well that is perfect for picking up any slices. | | |
|  | |  |  |  | | --- | --- | --- | | 1. **Bread Knife** | | | |  |  | The Bread Knife has a thick-blade that is perfect for cutting loaves of bread. | | |  |  | Bread knives generally have an 8 to 9 inch blade that has a serrated edge. | | |